

WHAT IS CLAIMED IS:

1. An information recording and playback apparatus which records or plays back information, comprising:

5 receive means for receiving a recording programming mail from the outside, the recording programming mail containing programming contents; and
 entering means for entering a recording programming in accordance with the programming contents
10 obtained by the receive means.

2. An information recording and playback apparatus according to claim 1,

 the receive means receiving the recording programming mail through a network.

15 3. An information recording and playback apparatus according to claim 1, further comprising:

 a notifying mechanism which notifies the outside of contents of the recording programming mail captured by the receive means.

20 4. An information recording and playback apparatus according to claim 2, further comprising:

 a notifying mechanism which notifies the outside of contents of the recording programming mail received by the receive means.

25 5. An information recording and playback apparatus comprising:

 an information recording and playback section

which records information in a recording medium, and plays back information prerecorded in a recording medium;

5 a timer section which operates the information recording and playback section at a predetermined operation starting time, and stops the information recording and playback section at a predetermined operation ending time;

10 a memory section which holds operation information of the timer section;

a communications control section which inputs and sets at least the operation starting time and the operation ending time in the timer section from the outside; and

15 entering means for entering, in the memory section, a recording programming including at least the operation starting time and the operation ending time obtained through the communications control section.

20 6. An information recording and playback apparatus according to claim 5,

the communications control section receiving an instruction supplied in the form of a mail from the outside, and acquiring information corresponding to the operation starting time and the operation ending time
25 of the timer section.

7. An information recording and playback apparatus according to claim 5, further comprising:

a notifying mechanism which notifies the outside of contents of the mail captured by the communications control section.

8. An information recording and playback
5 apparatus according to claim 6,
the communications control section capturing the mail through a network.

9. An information recording and playback
apparatus according to claim 7,
10 the communications control section capturing the mail through a network.

10. A method of controlling an information recording and playback apparatus, the method comprising:

15 receiving a mail from outside;
judging whether the received mail contains recording control information including at least an operation starting time and an operation ending time;
judging whether a recording programming is
20 acceptable with the operating starting time and the operating ending time included in the mail judged to be a mail containing the recording control information;
and

storing, in a memory section, the operation
25 starting time and the operation ending time included in the recording control information contained in the mail whose recording programming has been judged acceptable,

the operation starting time and the operation ending
time serving as information used for controlling a
timer section, the timer section operating and stopping
an information recording and playback section at the
5 operation starting time and the operation ending time,
respectively.

11. A method according to claim 10, further
comprising:

10 notifying that the recording programming
corresponding to the recording control information
contained in the mail is impossible, if the recording
programming is impossible.